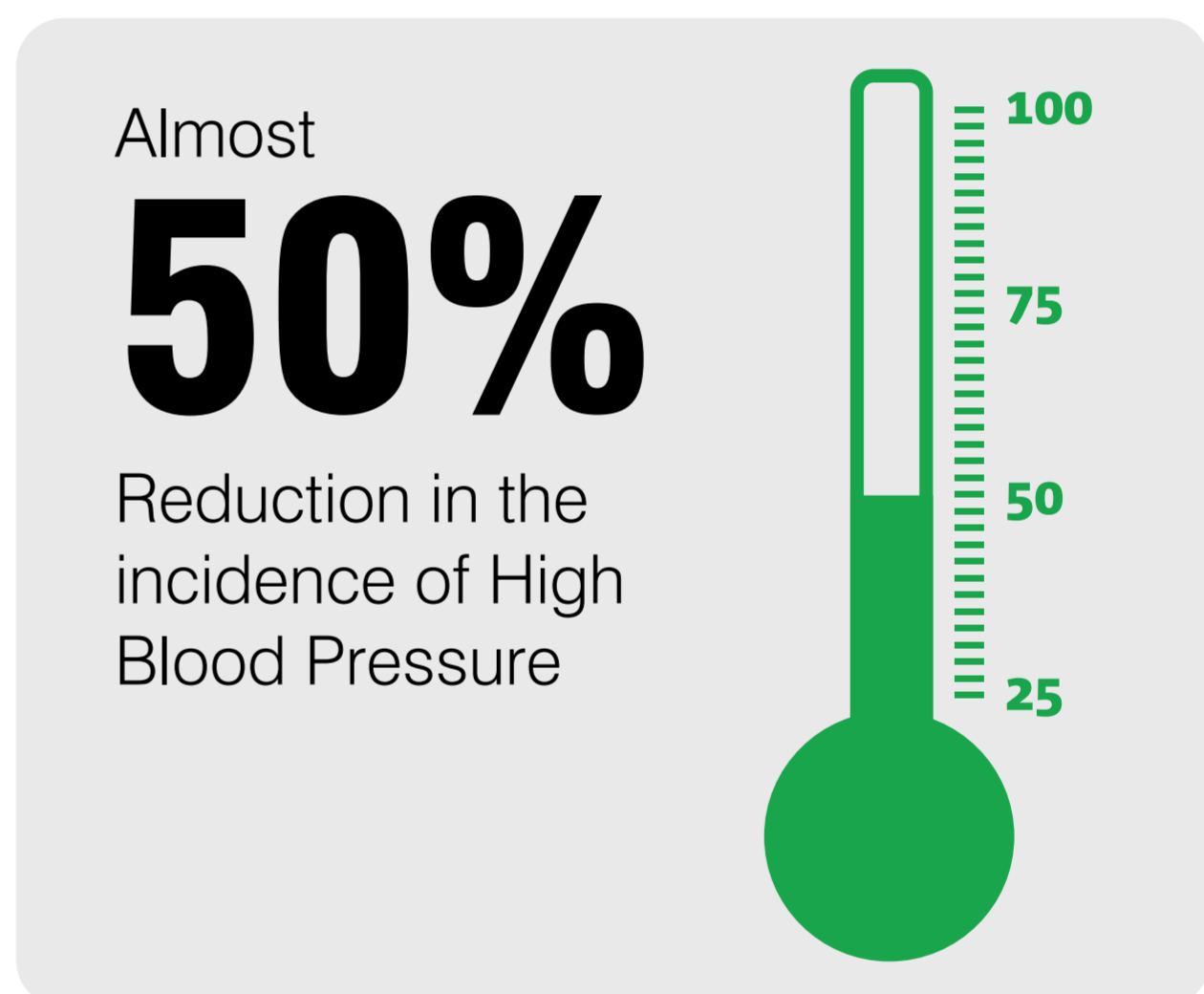


Exercise is life
 Exercise is health
Exercise is Medicine



Health benefits with regular physical activity



All YOU NEED IS:

- VIGOROUS INTENSITY CARDIO **20 mins x3 days**
- OR MODERATE INTENSITY CARDIO **30 mins x5 days**
- PLUS STRENGTH TRAINING **8-12 reps x2 days***


*Do between 8 and ten different exercises

Third Party Logo to go here

Exercise is life
Exercise is health
Exercise is Medicine




Health benefits with regular physical activity



40%
Reduction in the risk of Heart Disease

1/3
Reduction in the risk of developing Alzheimers Disease



60%
LOWER RISK OF **COLON CANCER**



27%
LOWER RISK OF **STROKE**

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